



March 2012

**From the Desk of
Rev. Chuck**

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Dear Friends,

While looking at the March calendar I saw that we have to “spring” our clocks forward an hour because Sunday the 11th begins daylight savings time. This brought back memories of the farmhouse I grew up in Niagara County, New York.

Every spring my mother would open the windows and we’d start our spring cleaning. The house had been closed up to keep in the heat from the wood and coal burning furnace. So we would clean the house from top to bottom to rid the house of the dust and soot that settled on everything during the winter months.

I loved the fresh smell of the spring air as it moved through the open windows of the house. It made everything seem new again. It was like a healing for the house after months of being closed up and shut in.

As we enter the season of Lent I can’t help but be reminded that just like the spring cleaning of our physical home, it is a time for cleaning our bodily house of old ideas, concepts, hurts, pains, and beliefs that have become trapped in our consciousness.

In the quietness of our prayer and meditation time its as if God is there to help us in our cleaning. If we listen we might just hear these words as if God were speaking them to us:

Listen, My Beloved,

Today is a day of letting go. Let go of the questions of your heart—the “whys,” the “what ifs,” and the “hows.” They are not needed during this time of cleaning.

Let go of the urge to analyze and ponder. Release any worry. Release everything to Me. Let it all be lifted from your shoulders like a feather on a breeze, and let your mind and heart be light.

Remember, my love, it is in the letting go that you find strength. Let go of the past; you are free to experience this moment to its fullest. Release your concerns about tomorrow, and live for today. Give all else to Me.

Relax, dear one, in My presence. Let My love sustain you. Let My peace be enough for the day. Let go and let Me help you clean those corners of your mind where the cobwebs of doubt, fear, and confusion have lingered long enough.

Unity teaches that the Lenten season is a sacred opportunity for us to purify our thinking. Time spent in prayer and meditation will help us increase our faith in God so that we can expect the right and perfect outcomes to all situations.

As we trust in the allness of God’s presence in our life and affairs we soon come to realize that positive, constructive thoughts and abundant blessings flow into our consciousness blowing away the negative, life denying thoughts much like a fresh spring breeze that airs out the house.

Lent is also a reminder that whenever you let go of anything unworthy, you immediately make room for something better to enter. Grounded in faith that God is there to help, guide, direct, inspire, lead, and love you no matter what, you can welcome your good with open arms and let it find a place in your clean house.